



Eat Well

Apple Cranberry Salad Toss

Directions

Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl. Add dressing, toss to coat. Serve immediately.

Servings: 8

Ingredients

- » 1 head of lettuce (about 10 cups)
- » 2 medium apples, sliced
- » ½ cup of walnuts, chopped
- » 1 cup dried cranberries
- » ½ cup green onion, sliced
- » ¾ cup vinaigrette dressing

Nutrition information per serving:

Calories 140, Total Fat 5g, Sodium 10mg, Carbohydrates 24g, Protein 2g.

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